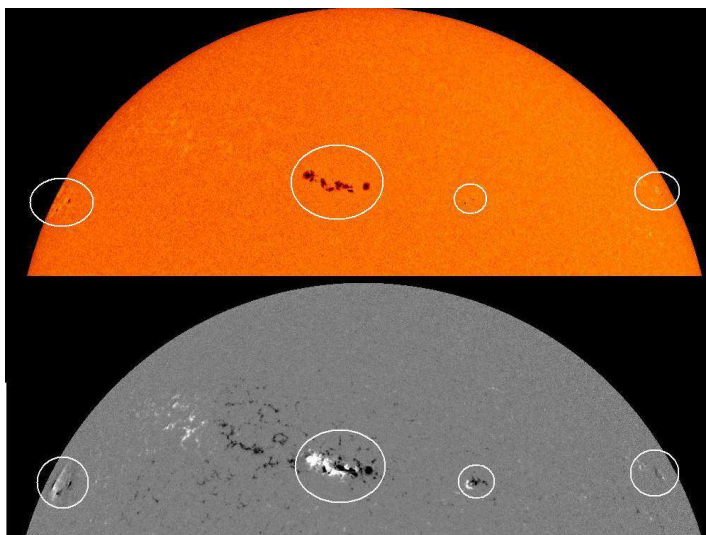
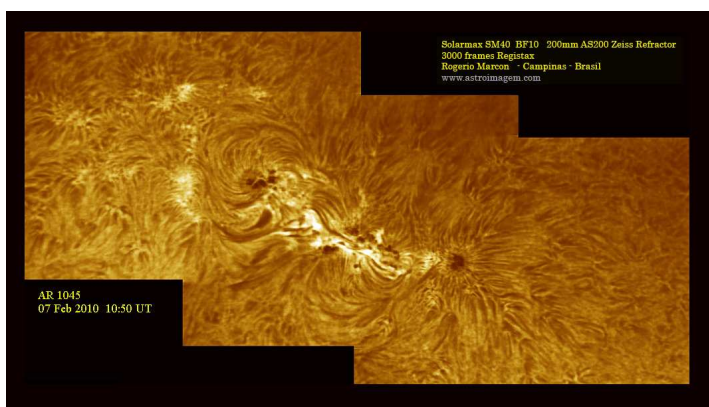




## New Solar Cycle Continues to Progress



Solar activity continues to climb, current sunspot count is 30 and solar flux level is 90. The large sunspot in the middle is new spot number 1045



Here is a closeup of #1045 taken by Rogerio Marcon in Brazil.

## Field Day?



It's not too early to start gearing up for ARRL Field Day, June 26-27, 2010! ARRL's flagship operating event -- always held the fourth full weekend in June.

<http://www.arrl.org/contests/forms/fd-2010-packet.pdf>

## Frrrrreeze Yer Buns Off - 2010

Looks like Unger & Co had another successful FYBO! Here is the hourly temperature

09:00	-19.7	10:00	-16.8
11:00	-13.8	12:00	-10.5
13:00	-7.5	14:00	-7.0
15:00	-6.0	16:00	-5.6
17:00	-6.8	18:00	-7.3

Judging by the pics (on page 4) everyone had a great time. This years event was held at the 55+ Centre and it sounds like it may become the permanent home of the FYBO.

Dinner Meeting Friday April 23<sup>rd</sup>  
Tickets \$25 - come out and hear about the Arctic adventure of Dave Shannon and Chris Watkins

### LARC SENATE

Keith Fiske VE3JQ  
Pat Doherty VE3PD  
Dave Kimpton VE3AVS  
Laurie Bridgett VE3BCD  
Terry Stewardson VA3LU  
Ed Baumann VE3SNW

### ABOUT US

The Lakehead Amateur Radio Club (LARC) is an incorporated not for profit group of amateur radio operators in the Thunder Bay area that meet for self education, community service and fellowship. Our meetings are the second Thursday of the month at room 191 McIntyre Building, Confederation College, 7:30 PM. Our postal address is 1100C Memorial Ave. Suite 184, Thunder Bay, Ontario P7B 4A3. This newsletter is published monthly except for July and August by Ed Baumann VE3SNW and questions and submissions may be emailed to [ve3snw@shaw.ca](mailto:ve3snw@shaw.ca)

### LARC EXECUTIVE

#### President

Randy Gottfred VA3OJ

#### Vice-President

Bob Hansen VE3RVA 767-6924

#### Secretary

Karl Hamilton VE3RRP

#### Treasurer

Joe Coghlan VE3TBX 344-6566

#### Directors

Brad Harris VE3MXJ 767-0628

Doug McCormack VE3EFC

Cliff Pratt VA3CLF

Robert Mazur VA3ROM

### LARC Emergency Coordinator

Brad Harris VE3MXJ

### ARES District Emergency Coordinator

VE3FAL Fred Lesnick 577-0789

### CANWARN

VA3JMS John 767-3631

VE3MXJ Brad 767-0628

### Public Service Events

VA3JMS John 767-3631

### Accredited Examiner

VE3FAL Fred Lesnick 577-0789

[flesnick@tbaytel.net](mailto:flesnick@tbaytel.net)

### Lakehead Amateur Radio Club Treasurer's Report

Balance on Hand - January, 2010 \$5,291.35

#### Income

Annual Dinner Tickets \$75.00

50/50 Draw \$7.50

Memberships \$115.00

Bank Interest \$0.03

**Total Income \$197.53**

#### Expenses

Thunder Bay Telephone \$47.83

Bank Service Charge s \$0.00

Meeting Expenses \$85.98

**Total Expenses \$133.81**

Balance on Hand - February 4, 2010 \$5,355.07

#### Trailer Account

##### Income

From previous bank \$891.25

Interest \$0.00

##### Expenses

Nil \$0.00

Balance in Trailer Account \$891.25

Joe "Cashregister" Coghlan - VE3TBX

Treasurer

### LARC OPEN ACCESS REPEATERS

VE3YQT(Mount Baldy)147.060 (-600) Phone Patch

VE3TBR (St. Joseph's) 146.820 pl 107.2

442.075 (+5 MHz) **pl 100**

144.390 APRS

VE3UPP Upsala 145.470 (-600)

**February HI-Q Journal of the Lakehead Amateur Radio Club 2010**  
**Minutes for the Lakehead Amateur Radio Club**

**Date: January 14, 2010**

**President, Randy Gottfred VA3OJ Presiding.**

**Guest Speaker:**

Bill Unger VE3XT and voltmeter calibration. Bill brought in a reference voltage source and precision digital meter, explained their usage and construction and answered questions. Members brought their voltmeters to test their accuracy and determine a compensation factor.

President Randy Gottfred VA3OJ welcomed the new visitors to the meeting.

**Silent Key:**

A moment of silence for Ralph Lund VA3RBK who passed away in May 2009, and also for those in Haiti.

**Treasurer's Report: Joe Coghlan VE3TBX**

Joe Coghlan VE3TBX moved to accept the report as printed in the January Hi-Q. Seconded by Terry Stewardson VA3LU. Passed Unanimously. The club account is being moved to Northern Lights Credit Union.

**Minutes of Previous Meeting:**

Karl Hamilton VE3RRP moved to accept the December's meeting's minutes as printed in the January Hi-Q with the addition of "The trailer sign was donated by our corporate sponsor "Signs Now". Seconded by Cliff Pratt VA3CLF. Passed Unanimously.

**Old Business:**

**Public Service John Sacek VA3JMS public events coordinator**

**Sleeping Giant Loppet March 6, 2010**

**Norm Bell VE3XRC was organizing volunteers for the Loppet and used the meeting to firm up his volunteers.**

**ARES Brad Harris VE3MXJ Thunder Bay EC**

Brad invited any interested amateurs to volunteer for Net Control on the Tuesday night VHF Net on VE3YQT at 7pm. There are currently four stations in rotation. Brad read a statement from VE2KA looking for volunteers with French/English fluency and HF rigs to go to Haiti. HF frequencies in use for Haiti are 14.265, 14.300, 7.045, 7.265, 3.720, 3.977. Operators are invited to listen but to keep the frequencies clear for traffic. To make relief donations: Text message Haiti to the Salvation Army at 45678, or the Red Cross at 90999. Also donations can be made online at [www.salvationarmy.org](http://www.salvationarmy.org) and [www.redcross.ca](http://www.redcross.ca)

**Repeater News**

Terry Stewardson VA3LU reported that he and Randy Gottfred VA3OJ fixed the antenna mounts, and squelch on VE3TBR. The 10 Meter repeater is down because of work being done on the 440 Mhz link between the receiver and the transmitter.

**Dinner Meeting in April:**

**Bob Hansen VE3RVA confirmed that the April Dinner meeting will be on Friday April 23<sup>rd</sup> at the Slovak Legion, for \$25.00 meal. There will be 2 guest speakers: Chris Watkins and Dave Shannon, adventurers who went to the North Pole. Tickets will go on sale at the February meeting. We need forty people to chow down to break even. Two cheques have been received.**

**Club Trailer:**

**Bob Hansen VE3RVA**

**Next trailer committee meeting late April or early May. The ownership has been given to the Treasurer.**

**New Business**

**Volunteers for Beargrease Race January 31st:**

Randy Gottfred VA3OJ asked for volunteers for the Beargrease dog sled race.

**Callsign wall plaque... only \$10 each. Bring money next meeting!**

**VE3YQT Phone account:**

The question of the phone account on VE3YQT was brought up to see if this expense was considered necessary. It was agreed that the autopatch was not needed as much in this day of cell phone usage. Terry VA3LU mentioned that the phone enables remote control of the



repeater and that without it, a separate dedicated transceiver would have to be installed and interfaced to provide the required control. The matter was referred back to the Executive for further consideration.

## FYBO

Bill Unger VE3XT mentioned that the FYBO QRP outdoor contest was coming up Saturday February 6<sup>th</sup>. Participants are encouraged to come for breakfast at the Blue Parrot at 9ish.

50/50 Draw: Clarence Contin VE3WCW

Adjournment moved by: Terry Stewardson VA3LU

Next Executive Meeting: February 4, 2010

Next LARC Meeting: February 11, 2010



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# FYBO



**North East Regional Directors Report February 2010**



The monthly meeting of the Regional Directors was held on January 21 starting at 2330Z. I do want to continue on my theme of what does RAC do for me and why would I want to join? Its old news now the Bill to prohibit operating cell phones and other electronic devices is in effect and as of February 1 police officers are starting to ticket offenders. The Lindsay Post ran a story last month quoting an OPP officer that Amateurs had no special exemption and would be fined. An email from VP Peter West to the officer in question clarified the issue and the officer sent an email back to Peter saying he was wrong. That's what having a strong national organization can do for you! It would also be prudent to carry a copy of your licence however just in case.

I enjoy being the Director for North East Ontario, and it does require a certain amount of my time. But I do it because I believe in the organization. But some times we may forget just how much fun Amateur Radio can be. Once a year the Little Thunder QRP group participates in Freeze Your Buns Off (FYBO). We have done this for several years now and it's much like Field Day but in February. We had a great time had a hot bowl of soup and made a few contacts to boot. If you have not operated for a while you may just want to spark up the radio and rekindle the magic of radio.

I am still looking for a volunteer to be the Coordinator of Philanthropy for RAC. This individual would assist Amateurs want to donate to RAC to ensure it remains a strong voice for Canadian Amateurs. If you think this may interest you please let me know. Also there are ways to ensure now you can help, a donation to DARF enables us to have a strong voice at the world conferences where decisions are made about frequency allocations. Thanks.

If you have any questions or concerns please email me at [ve3xt@rac.ca](mailto:ve3xt@rac.ca).

73

Bill Unger VE3XT  
North East Ontario  
Regional Director

.....and a little note of correction was received from Paul VA3PC

Hey Bill; It was a City of Kawartha Lakes Police Staff Sgt. that got his facts wrong.  
Our Staff Sgt. knows better - at least mine does!.

73

Paul, VA3PC

And here is a link to some more info on this matter as well as some other good reading courtesy of Al and Jan Sokoloski <http://www.hfradio.net/news.html>

**WANTED: HI-Q ARTICLES/PHOTOS  
THIS IS YOUR VOICE IN THE AMATEUR  
COMMUNITY.  
SEND TO VE3SNW@SHAW.CA**

# February 2010

Mon	Tue VHF ARES net night	Wed	Thu Coffee meet Boston Arthur St	Fri	Sat	Sun
1	2	3	4 Exec Meeting	5	6 FYBO	7
8	9	10	11 LARC Meeting	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28 *reminder Ski Lop- pet March 6th